





# MAY 2012

## PHYSICAL FITNESS AND SPORTS MONTH

### Health and Wellness Center



Hours of Operation: 0630 to 1730, Monday – Friday. For more information call 653-3375 or 3376

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <u>The Right WeighWeight Management Class #1</u> 1100 to 1200  <u>Spin Class:</u> 1600 to 1645	<b>2</b> <u>Amazing Abs:</u> 1530 to 1550  <u>Spin Class:</u> 1600 to 1645	<b>3</b> <u>Kick the Tobacco Habit #1&amp;2</u> 1600 to 1700  <u>Spin Class:</u> 1600 to 1645  <u>Fitness Conditioning:</u> 1600 to 1700	<b>4</b> <u>Spin Class:</u> 0630 to 645  <u>Spin Class:</u> 1600 to 1645
<b>7</b> <u>Fitness Conditioning:</u> 1130 to 1230  <u>Amazing Abs:</u> 1530 to 1550  Spin Class: 1600 to 1645	<b>8</b> <u>The Right WeighWeight Management Class #2</u> 1100 to 1200  Spin Class: 1600 to 1645	<b>9</b> <u>Amazing Abs:</u> 1530 to 1550  <u>Spin Class:</u> 1600 to 1645	<b>10</b> <u>Kick the Tobacco Habit #1&amp;3</u> 1600 to 1700  <u>Spin Class:</u> 1600 to 1645 <u>Fitness Conditioning:</u> 1600 to 1700	<b>11</b> <u>Spin Class:</u> 0630 to 645  <u>Spin Class:</u> 1600 to 1645
<b>14</b> <u>Fitness Conditioning:</u> 1130 to 1230  <u>Amazing Abs:</u> 1530 to 1550  Spin Class: 1600 to 1645	<b>15</b> <u>The Right WeighWeight Management Class #3</u> 1100 to 1200  Spin Class: 1600 to 1645	<b>16</b> <u>Sleep Hygiene:</u> 1000 to 1100 <u>Amazing Abs:</u> 1530 to 1550  <u>Spin Class:</u> 1600 to 1645	<b>17</b> <u>Nutrition 101:</u> 1500 to 1600 <u>Kick the Tobacco Habit #1&amp;4</u> 1600 to 1700  <u>Spin Class:</u> 1600 to 1645  <u>Fitness Conditioning:</u> 1600 to 1700	<b>18</b> <u>Spin Class:</u> 0630 to 0645  <u>Spin Class:</u> 1600 to 1645
<b>21</b> <u>Fitness Conditioning:</u> 1130 to 1230  <u>Amazing Abs:</u> 1530 to 1550  Spin Class: 1600 to 1645	<b>22</b> <u>The Right WeighWeight Management Class #4</u> 1100 to 1200  Spin Class: 1600 to 1645	<b>23</b> <u>Relaxation Therapy:</u> 1100 to 1200  <u>CHI RUNNING CLINIC</u> 1500 TO 1630  <u>Amazing Abs:</u> 1530 to 1550  <u>Spin Class:</u> 1600 to 1645	<b>24</b> <u>Kick the Tobacco Habit #1&amp;5</u> 1600 to 1700  <u>Spin Class:</u> 1600 to 1645  <u>Fitness Conditioning:</u> 1600 to 1700	<b>25</b> ACC Family Day HAWC Closed
 <b>MEMORIAL DAY</b> HAWC Closed	<b>29</b> Spin Class: 1600 to 1645	<b>30</b> <u>Amazing Abs:</u> 1530 to 1550  <u>Spin Class:</u> 1600 to 1645	<b>31</b> <u>Kick the Tobacco Habit #1&amp;2</u> 1600 to 1700  <u>Spin Class:</u> 1600 to 1645  <u>Fitness Conditioning:</u> 1600 to 1700	